

MINDFULNESS IN
AFRIKAANS

LIEFDEVOLBEWUSTE
LEWENSKUNNS

6 WEKE KURSUS



MINDFULNESS . ART

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Stilhouplekke op die ses weke Mindfulness pad:

WEEK 1 Vlieg met twee Vlerke: LiefdeVOLbewus!

WEEK 2 Ons Gedagte-wêreld en Liggaam-landskap.

WEEK 3 Bemagtigende Mindfulness Mentaliteite.

WEEK 4 Beweging na die Moeilike toe.

WEEK 5 Maak die meeste van elke Wondermoment.

WEEK 6 'n Florerende daaglikse lewe met Mindfulness.



MINDFULNESS . ART



EGGLOSE BEGEWING NA DIE MOEILIKE TOE



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**"Although the world is full of suffering,
it is also full of overcoming it."**

Helen Keller

THE **5** STAGES OF GRIEF

DABDA



Denial



Anger



Bargaining



Depression



Acceptance

Our hearts break, but our hearts also heal.



The rope that pulls us

from heartbreak

**to healing is
love & awareness**

The Way It Is

**There's a thread you follow. It goes among
things that change. But it doesn't change.
People wonder about what you are pursuing.
You have to explain about the thread.
But it is hard for others to see.
While you hold it you can't get lost.
Tragedies happen; people get hurt
or die; and you suffer and get old.
Nothing you do can stop time's unfolding.
You don't ever let go of the thread.**

- William Stafford



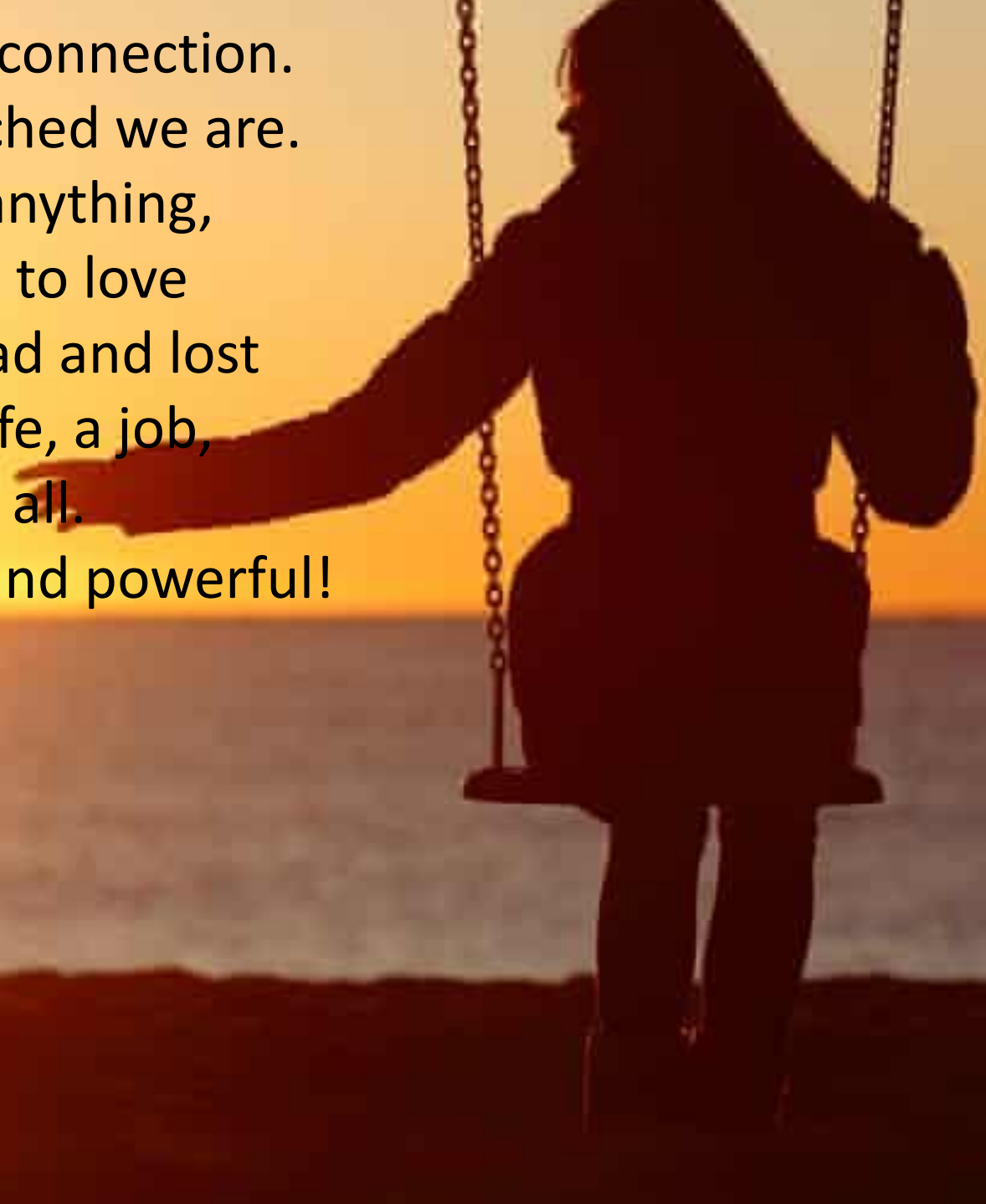
MINDFULNESS.ART



Every goodbye is a moment of connection.
Grief teaches us how very attached we are.

We don't want to let go of anything,
but through grief, we learn to love
and appreciate what we've had and lost
—friends, family, a way of life, a job,
our youth, we grieve it all.

Grief is heavy, painful, difficult, and powerful!



Uurglasmeditatie oor verlies en treur



PANDEMIE

Jy wat kom met golwe
hoeveel nog?

Ek stap deur jou gange
van verwoesting
met rooi kruise op
soveel emosies
vrees
onsekerheid
moedeloosheid
teleurstelling
hartseer
en woede

die enigste sigbare liefde
is die wat nog probeer
en hulle raak ook moeg

Ek is juis besig om
in stilte asem te haal
so, pandemie en bende emosie
sanitize en kom sit hier
by my op die stoep
drink 'n koppie koffie
en aanskou saam met my
die grootsheid daar buite
voor julle gaan

- Pieter Oberholzer



**“If I am what I have
and if I lose what I have
who then am I?**

- Erich Fromm

Being - Having





"I have a body, but I am not my body. I can see and feel my body, and what can be seen and felt is not the true Seer. My body may be tired or excited, sick or healthy, heavy or light, but that has nothing to do with my inward I.

I have a body, but I am not my body."

"I have desires, but I am not my desires. I can know my desires, and what can be known is not the true Knower. Desires come and go, floating through my awareness, but they do not affect my inward I. I have desires, but I am not desires."

"I have emotions, but I am not my emotions. I can feel and sense my emotions, and what can be felt and sensed is not the true Feeler. Emotions pass through me, but they do not affect my inward I. I have emotions, but I am not emotions."

"I have thoughts, but I am not my thoughts. I can know and intuit my thoughts, and what can be known is not the true Knower. Thoughts come to me and thoughts leave me, but they do not affect my inward I. I have thoughts, but I am not my thoughts."

“I Am Not I”

I am not I.



I am this one.

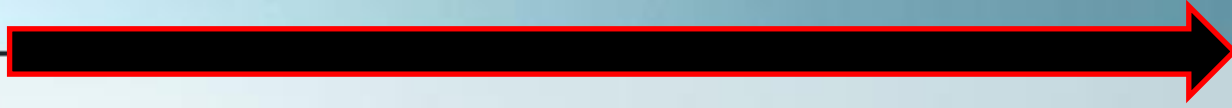
walking beside me whom I do not see,
whom at times I manage to visit,
and whom at other times I forget;
who remains calm and silent while I talk,
and forgives, gently, when I hate,
who walks where I am not,
who will remain standing when I die.

BY JUAN RAMÓN JIMÉNEZ - TRANSLATED BY ROBERT BLY

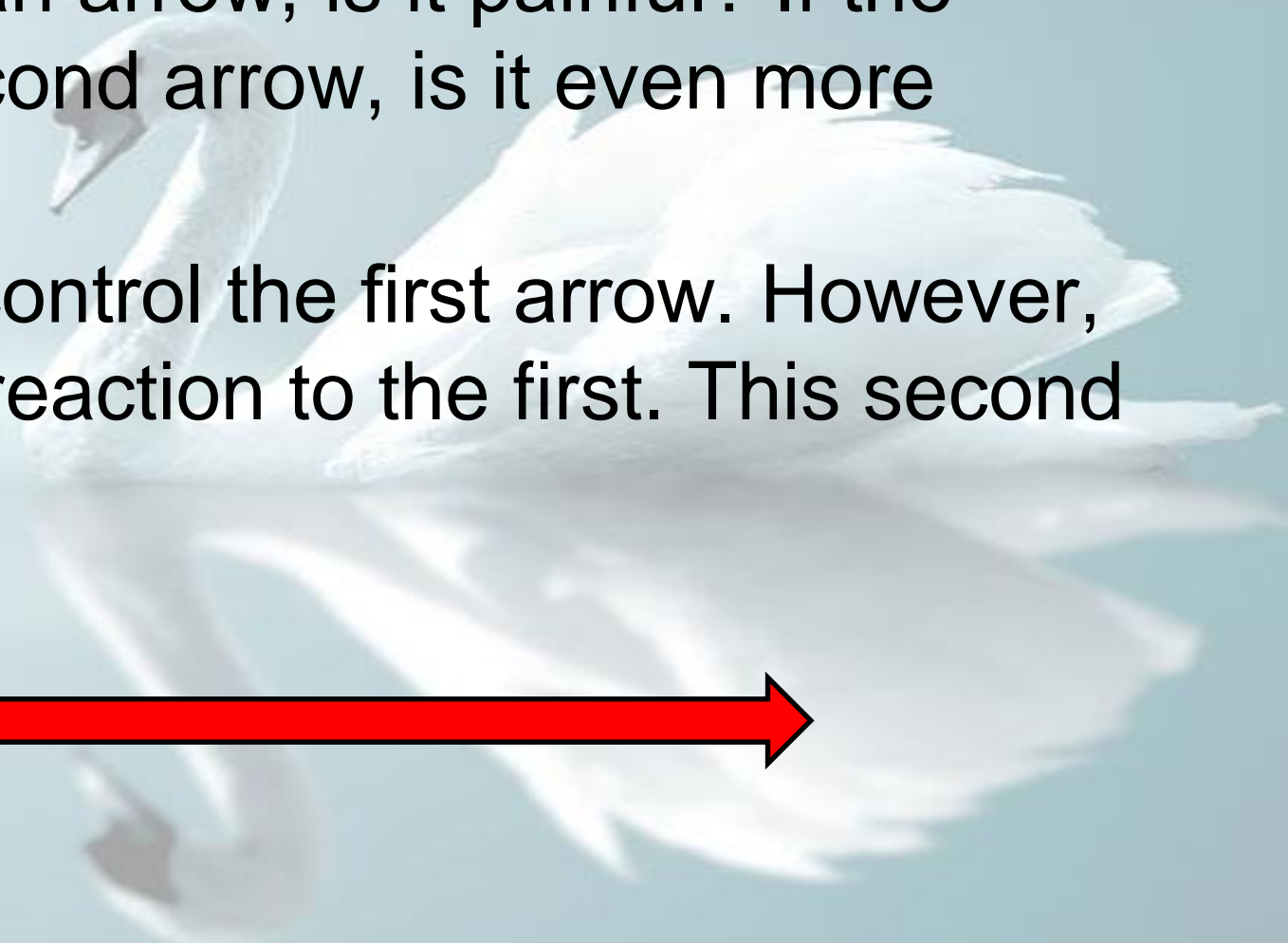
Wie is ek?



Two Arrows



- ‘If a person is struck by an arrow, is it painful? If the person is struck by a second arrow, is it even more painful?’
- ‘In life, we can’t always control the first arrow. However, the second arrow is our reaction to the first. This second arrow is optional.’



Formule vir Swaarkry

Pyn X Weerstand
= Swaarkry



“Allow pain to be. Full attention is full acceptance.

Facing deep pain and **allowing** it to be.

The way of the Cross: Enlightenment through suffering. The worst thing in your life, your cross, turns into the best thing that ever happened to you.

By forcing you to surrender, in to “death”, forcing you to become nothing, so God becomes all!

Enlightenment through suffering.

Saying “yes” to what is. “

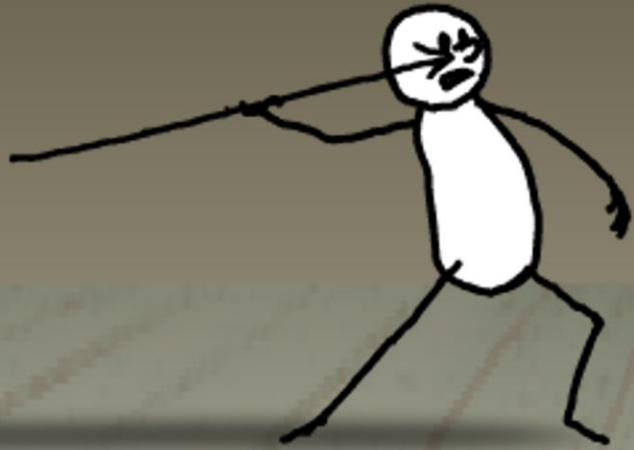
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TURN TOWARDS THE FEELINGS OF STRESS



ALLOW AND BREATHE WITH THE FEELINGS

WHAT HAPPENS TO YOU WHEN YOU GET STRESSED?



IN YOUR BODY?



IN YOUR MIND?



IN YOUR ACTIONS?



Bergmeditatie





The Invitation



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Mag jou pyn die sandkorrel wees wat tot 'n pêrel lei!



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